



Washington State
Department of Social
& Health Services

DBHR Division of Behavioral
Health and Recovery

2011

Recovery Month—Fast Facts

Data relating to Substance Use/Misuse and Mental Health Problems

- Worldwide, 2.5 million people die each year due to alcohol mis-use and 15.3 million people have drug dependence (World Health Org).
- Children of alcohol-dependent parents have a 50% chance of developing dependence.
- Individuals treated for alcohol misuse are 10x more likely to commit suicide—those who abuse drugs are 14x more likely.
- In 2009, 45 million adults aged 18 or older in US had a mental illness in the past year, and 485,703 Washington residents reported having “bad mental health days” during the past 30 days.
- Childhood stressors such as abuse, witnessing domestic violence, and other forms of household dysfunction, increase the likelihood of depression and suicide attempts in children, adolescents and adults.
- 4.3 million people aged 12+ received treatment for substance use disorders in 2009. Another 20.9 million needed, but did not receive treatment.
- Approximately 22% of adults with substance use and/or mental disorders were uninsured. 1 in 3 had incomes below the Federal Poverty level.
- Among Washington state DSHS and medical service recipients in SFY 2009 with mental health problems, there were approximately 5.1% of youth clients and 16.4% of adult clients identified as homeless or whose residences were very unstable, such as living in a shelter, at some point during the year.

Sources:

SAMHSA Recovery Month Toolkit

www.recoverymonth.gov

WA data: 2011 Measures of State-wide Performance

Washington
Recovery Help Line
24-Hr Help for Substance Abuse, Problem Gambling & Mental Health
866-789-1511
www.waRecoveryHelpLine.org

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National
Recovery Month
Prevention Works • Treatment is Effective • People Recover
SEPTEMBER 2011